

- [To content](#)
- [To navigation](#)

Swedish Council for Higher Education

The Swedish Council for Higher Education (UHR) is a public agency that facilitates skills attainment for Sweden's current and future needs.

#### [På svenska](#)

Other languages

- [اَرَبِيْكَسْكَ \(Arabiska\)](#)
- [فارسي \(Farsi\)](#)
- [Français \(Franska\)](#)
- [한국어 \(Kinesiska\)](#)
- [Polski \(Polska\)](#)
- [Русский \(Ryska\)](#)
- [Af-Soomaali \(Somaliska\)](#)
- [Español \(Spanska\)](#)
- [ไทย \(Thai\)](#)
- [ትግርኛ \(Tigrinja\)](#)
- [Davvisámegiella](#)
- [Jiddisch](#)
- [Julevsámegiella](#)
- [Meänkieli](#)
- [Romani arli](#)
- [Romani kálo](#)
- [Romani kelderaš](#)
- [Romani lovara](#)
- [Suomi](#)
- [Svensk romani](#)
- [Áarjelsaemiengiele](#)

#### [Studera.nu](#)

Search this site

Search Search

#### [Search Menu](#)

##### [Higher Education Studies](#)

###### [Higher education in Sweden](#)

- [Introduction to higher education](#)
- [What are the benefits of university studies?](#)
- [Study levels and degrees](#)

###### [Doctoral \(third-cycle\) education](#)

- [Admission and entry requirements](#)
- [Application and tuition fees](#)

###### [Laws and rights](#)

- [What the law says](#)
- [How is the quality of your education monitored?](#)
- [Your right to complete your studies](#)
- [Appealing admission decisions](#)
- [Cheating and plagiarism](#)

###### [Universities and university colleges](#)

- [Universities and university colleges](#)
- [Contact information for Sweden's universities](#)

###### [Information for asylum-seekers](#)

- [Higher education studies](#)
- [Other study options](#)
- [Evaluation of foreign qualifications](#)

##### [Road to studies](#)

###### [Admission to university studies](#)

- [Application process](#)
- [What do I need to be accepted to a course or programme?](#)
- [Bachelor's level entry requirements](#)

- [Master's level entry requirements](#)
- [Prior learning and exemptions](#)
- [Merit rating](#)
- [Selection](#)
- [Admissions statistics](#)

[I have an academic degree, what do I do now?](#)

- [Assessment of qualifications for job purposes](#)
- [Professional degree and recognition in Sweden](#)
- [Teachers](#)
- [Supplementing your foreign qualification](#)

[Högskoleprovet - Swedish Scholastic Aptitude Test](#)

- [What is the Högskoleprovet?](#)

[Other ways of studying](#)

- [Distance education](#)
- [Adult education](#)
- [Folk high school](#)
- [Higher vocational education](#)

[Student life](#)

[Life of a student](#)

- [What's it like to study at a university?](#)
- [Examinations and grading](#)
- [Higher education terminology](#)
- [Study skills](#)
- [Guidance](#)

[Impact your studies](#)

- [Your influence as a student](#)
- [Student unions](#)

[Practical aspects](#)

- [Accommodation](#)
- [Right to participate](#)
- [Student finances](#)
- [Studying as a parent](#)

[Students with disabilities](#)

- [Access to assistance](#)

[Break from or change in studies](#)

- [Deferment of studies](#)
- [Leave from studies](#)
- [Longer period of illness](#)
- [Changing programmes or university](#)

[Study abroad](#)

[Good to know about studying abroad](#)

- [Exchange student or freemover?](#)
- [Tips for studying abroad](#)
- [Preparing for studies as a freemover](#)
- [Studying abroad for people with disabilities](#)

[Exchange programmes](#)

- [Travelling as an exchange student](#)
- [Erasmus+](#)
  - [Applications](#)
  - [Green sustainability](#)
  - [Erasmus+ FAQ](#)
- [Nordplus](#)
- [Erasmus+ Joint Master's Programmes](#)
- [ASEM-DUO](#)

[Traineeship or placement](#)

- [Overseas placements](#)
- [Erasmus+ traineeships](#)
- [Traineeships at EU institutions](#)
- [IAESTE](#)

[På svenska](#)

[Other languages](#)

- [اَرَبِيْكَ \(Arabiska\)](#)
- [فارسي \(Farsi\)](#)
- [Français \(Franska\)](#)
- [مَنْدَرِيْن \(Kinesiska\)](#)
- [Polski \(Polska\)](#)
- [Ryska \(Ryska\)](#)
- [Af-Soomaali \(Somaliska\)](#)
- [Español \(Spanska\)](#)
- [ไทย \(Thai\)](#)
- [تِغْرِينْجَا \(Tigrinja\)](#)
- [Davvisámegiella](#)
- [Jiddisch](#)
- [Julevsámegiella](#)
- [Meänkieli](#)
- [Romani arli](#)
- [Romani kálo](#)
- [Romani kelderaš](#)
- [Romani lovara](#)
- [Suomi](#)
- [Svensk romani](#)
- [Aarjelsaemiengiele](#)

Search this site

Search Search

## Site content

[Higher Education Studies](#)

### Higher education in Sweden

- [Introduction to higher education](#)
- [What are the benefits of university studies?](#)
- [Study levels and degrees](#)
- [Doctoral \(third-cycle\) education](#)
- [Application and tuition fees](#)

### Laws and rights

- [What the law says](#)
- [How is the quality of your education monitored?](#)
- [Your right to complete your studies](#)
- [Appealing admission decisions](#)
- [Cheating and plagiarism](#)

### Universities and university colleges

- [Universities and university colleges](#)
- [Contact information for Sweden's universities](#)

### Information for asylum-seekers

- [Higher education studies](#)
- [Other study options](#)
- [Evaluation of foreign qualifications](#)

[Road to studies](#)

### Admission to university studies

- [Application process](#)
- [What do I need to be accepted to a course or programme?](#)

- [Bachelor's level entry requirements](#)
- [Master's level entry requirements](#)
- [Prior learning and exemptions](#)
- [Merit rating](#)
- [Selection](#)
- [Admissions statistics](#)

#### **I have an academic degree, what do I do now?**

- [Assessment of qualifications for job purposes](#)
- [Professional degree and recognition in Sweden](#)
- [Teachers](#)
- [Supplementing your foreign qualification](#)

#### **Högskoleprovet - Swedish Scholastic Aptitude Test**

- [What is the Högskoleprovet?](#)

#### **Other ways of studying**

- [Distance education](#)
- [Adult education](#)
- [Folk high school](#)
- [Higher vocational education](#)

#### Student life

##### **Life of a student**

- [What's it like to study at a university?](#)
- [Examinations and grading](#)
- [Higher education terminology](#)
- [Study skills](#)
- [Guidance](#)

##### **Impact your studies**

- [Your influence as a student](#)
- [Student unions](#)

##### **Practical aspects**

- [Accommodation](#)
- [Right to participate](#)
- [Student finances](#)
- [Studying as a parent](#)

##### **Students with disabilities**

- [Access to assistance](#)

##### **Break from or change in studies**

- [Deferment of studies](#)
- [Leave from studies](#)
- [Longer period of illness](#)
- [Changing programmes or university](#)

#### Study abroad

##### **Good to know about studying abroad**

- [Exchange student or freemover?](#)
- [Tips for studying abroad](#)
- [Preparing for studies as a freemover](#)
- [Studying abroad for people with disabilities](#)

## Exchange programmes

- [Travelling as an exchange student](#)
- [Erasmus+](#)
- [Nordplus](#)
- [Erasmus+ Joint Master's Programmes](#)
- [ASEM-DUO](#)

## Traineeship or placement

- [Overseas placements](#)
- [Erasmus+ traineeships](#)
- [Traineeships at EU institutions](#)
- [IAESTE](#)

## Studying as a parent

Today, many students have children. Here you can find out more about being a parent and studying at a university.

Approximately one out of every five students has children. There are of course advantages and disadvantages to combining studies with raising children. As a student, you have a lot of freedom to decide yourself how to use your time, which can be the perfect situation for some parents. At the same time, it can be difficult to find the time to meet with classmates for group work in the evenings and on weekends. Examinations can even be given on weekends.

You have the right to receive information well in advance regarding changes in your schedule, or if trips are included in your course syllabus.

## Supplementary aid

As a student with children, it's possible for you to receive an extra child allowance in addition to your financial aid. The size of this allowance is dependent on if you're studying full-time or part-time and how many children you have. You can read more on CSN's website.

[Read more about the extra child allowance \(tilläggsbidrag\) at CSN's website](#)

## Parental benefits

Parental benefits (Föräldrapenning) is economic support to parents to help them care for their children. There are both whole and temporary parental benefits available. Normally, a parent doesn't have the right to temporary benefits while studying. Contact Försäkringskassan for more information.

[Read more about parental benefits on Försäkringskassans website](#)

## Housing allowance

If you have children, you can apply for a housing allowance from Försäkringskassan.

[Read Försäkringskassans information about housing allowance](#)

## Childcare and preschool

Contact your student union for information regarding child care for students. You can even contact your municipality and find out what preschools are near your university.

## Caring for a sick child

If you have a child under the age of 12 who becomes ill, you have the right to not study during this time and still receive your financial aid. CSN will review your study results during the period of illness and those days are not counted in the total weeks you've received financial assistance. You can find out more at CSN's website. The information is only provided in Swedish but you can always contact CSN directly for more information.

[Read more about caring for a sick child at CSN's website \(in Swedish\)](#)

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## Contact

Swedish Council for Higher Education

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